



Yogic Diet

Green diet

Green Patties – great with Green Curry

- 1 double handful mung beans soaked
- 1 handful fresh coriander leaves
- 3 small green chillies finely chopped
- Green peppercorns
- Green olive oil
- Ground cardamom

Blend the soaked mung beans with the peppercorns.

Add cardamom and chillies.

Mould the dough into small balls.

Fry.